

Give 'Til It Helps



Photo by Airman 1st Class Cheyenne Williams

Col. Michelle Johnson, 22nd Air Refueling Wing commander signs her allotment slip for the Air Force Assistance Fund. Maj. Timothy Vituszynski is chairman of the drive, which extends through April 2. Squadron AFAP representatives can assist with payroll deduction slips or one-time donations.

Servicemembers apply for expedited U.S. citizenship

By Gerry Gilmore
American Forces Press Service

WASHINGTON — Foreign-born servicemembers can now speed up the process to obtain American citizenship.

The immediate eligibility for servicemembers to become a naturalized citizen is based on Executive Order 13269 signed by President Bush on July 3, 2002. Section 329 of the 8 U.S. Code allows the president to authorize expedited citizenship during periods in which the United States is engaged in armed conflict with a hostile foreign force.

For example, servicemembers who have served honorably for any period of time beginning on or after Sept. 11, 2001, are eligible to apply for expedited U.S. citizenship, Col. Michael Pachuta said. He is the director of the Department of Defense's Morale, Welfare and Recreation policy office.

Beginning Oct. 1, the new law allows for U.S. citizenship applications to be finalized at U.S. embassies, consulates and selected military installations overseas, to include citizenship interviews, testing and oaths of allegiance, he said. Also effective Oct. 1, the new law waives the \$310 citizenship application and fingerprint fee.

He said the new citizenship application rules cover active-duty servicemembers and National Guard and Reserve people who are classified as members of the Selected Reserve of the Ready Reserve.

Airmen seeking to become naturalized U.S. citizens under the expedited process can contact the military personnel office.

The U.S. Citizenship and Immigration Services Web site provides forms, instructions and more helpful information about the naturalization process, Colonel Pachuta said.

22nd Security Forces Squadron best in AMC

Airman 1st Class Angelique Smythe
22nd ARW Public Affairs

The 22nd Security Forces Squadron recently earned the Air Mobility Command Outstanding Security Forces Unit medium category award for a second consecutive year.

Maj. David Young, 22nd SFS commander, said the success of the team is attributed to the NCOs and airmen.

"The troops in the training section and on the flightline are the ones who win all these awards for us," he said. "I don't stand at the gate. I don't ride with the patrol. I don't do the training. It would be tough to attribute it to anything other than the drive of the troops."

Major Young said one of the main challenges of last year was deployments. In 2003, the 22nd SFS had 161 troops assigned and over the course of the year 148 were deployed.

"We have special skills in the squadron like everybody else - investigators, trainers, personnelists, K-9, resource protection and anti-



Photo by Airman Angelique Smythe

Staff Sgt. Scott Seagraves, 22nd Security Forces Squadron, detains 2nd Lt. Chris Castadena, 22nd SFS, during a domestic violence response exercise Tuesday in building 977.

terrorism. All these people require special certifications. Nobody is exempt from deployments; ev-

erybody goes. So, when they're gone, we have to figure out how to do their jobs without them there. We train people and basically just put them there to do their best. That's the toughest challenge," he said.

With the motto "Get better today," the team strives to be the best defenders they can be each day.

Even after receiving and celebrating a few "Outstandings" on this past year's UCI and Operational Readiness Inspections, the major acknowledged that the team does not lie in a comfort zone, but constantly finds drastic improvements that could and should be made to make the team get better.

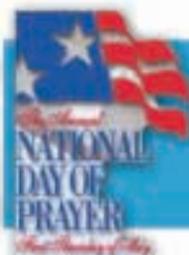
"We worry about things we can control," said Major Young. "Am I going to take the time to train? Am I going to make sure they are equipped? Am I going to make sure they are well led?"

"To reach the summit of any mountain," he said, "you start with a first step. The first step is what can you do today. The next step is what can you do tomorrow. Planning that out and doing it is the key."

Weekend Weather

TODAY	High 61° Low 42°	
SAT.	High 58° Low 37°	
SUN.	High 58° Low 30°	

Dental visit to Wineteer
Page 4



Prayer Luncheon
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Tornado Basketball
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First Term Airmen's Center



Photo by Airman 1st Class Cheyenne Williams

Team McConnell welcomes the newest airmen currently assigned to the First Term Airmen's Center. From the left are: Airman José Mejia and Airmen 1st Class Williams Peters and Baron Gaines.

Day of prayer



McConnell's Person of the Week



Photo by Staff Sgt. Jason Schaap

Tech. Sgt. Carla Horner
931st Air National Guard
18th Air Refueling Squadron
boom operator

From Lewiston, Idaho, with eight years and six months in the military and eight years at McConnell. She enjoys cross stitching.

What do you enjoy most about

McConnell Air Force Base?

I enjoy the good friends I've met while stationed here.

Why is serving in the Air Force important to you?

Freedom is important to me and serving in the Air Force is a way to guarantee I'll always have it.

What would you like to accomplish during your Air Force career?

I would like to serve my country with pride and have fun doing it.

Who is the most positive influence in your life and why?

My younger sister is the most positive influence in my life. She has overcome so much in her life and is one of the strongest people I know.

What would you be most proud to tell your parents?

I am proud to tell them that I will graduate from college in May.

What would you like to tell someone who is considering joining the Air Force?

I would tell them to make sure it is something they truly desire to do and if so, make sure you enjoy every minute you serve.

Servicemembers encouraged to invest in TSP

By Rudi Williams
American Forces Press Service

WASHINGTON – A money savvy servicemember serving in Iraq did not wait to get back home to buy a shiny new car with his \$30,000 re-enlistment bonus. Instead, he invested all of it into the Thrift Savings Plan.

"Assuming a 7-percent rate of return, his \$30,000 is projected to be \$345,000 by the time he reaches age 60," said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. "If he continues to contribute to TSP throughout his career, he could have more than \$1 million saved by the time he retires."

A million dollars is not anything to sneeze at, but Colonel Fenton and other defense officials see a big problem concerning TSP: Not enough servicemembers are taking advantage of the program.

"We're trying to convince people that TSP is a good vehicle for savings," Colonel Fenton said. "The great thing about TSP is that it's tax-deferred in pretax dollar savings. So it comes out of your income, and you're not taxed on it until you use that money later, hopefully in your retirement."

Colonel Fenton said the plan is also "a good idea for people who don't plan to make a career of the military, because they can take their TSP with them when they leave active duty."

Those who leave active duty before retirement could roll their TSP into a 401K plan of a new civilian employer, she said. It could be put into an IRA, or even left in TSP, but no more funds could be added to the account.

"It would just sit there and grow, tax-deferred," Colonel Fenton said. "I think most people would want to roll it over into some other vehicle that they could continue to contribute to."

More than 220,000 servicemembers signed up for TSP in 2002, the first year the savings plan was opened to military personnel. That figure jumped to more than 390,000 at the end of the open season

which ended in December.

That is a healthy increase, but defense officials would like to see thousands more servicemembers use TSP as one of their savings plans for the future, Colonel Fenton said.

"At the end of 2003, the Navy had 32.2 percent of its active-duty force enrolled in TSP," Colonel Fenton said. "That's significantly higher than the other services."

Thrift Investment Board statistics show that the Air Force is second with 21.2-percent participation. The Army has 15 percent. The Marine Corps has 20.2 percent. The Coast Guard has 19.2 percent.

Colonel Fenton said the other two uniformed services, the Public Health Service and the National Oceanic and Atmospheric Administration, also participate in TSP. The health service has 56.4-percent participation, and NOAA is at 68 percent.

"Servicemembers who leave active duty and join the National Guard or Reserve will still have TSP because they could invest in it whenever they're on active duty," Colonel Fenton said. "They could even contribute a percentage of their weekend active-duty pay."

"Once they contribute, they're putting in a percentage of their basic pay," Colonel Fenton said. "So every time they're being paid basic pay, some percentage, whatever they selected, which is up to 9 percent, would go into their TSP."

The amount servicemembers are allowed to contribute and the percentage of pay they can invest increases annually. For example, through November, it was 8 percent; beginning in December, the limit is 9 percent. The annual total of tax-deferred contributions cannot exceed the Internal Revenue Code limit, which is \$12,000 for 2003 and \$13,000 for 2004.

Those who are contributing to TSP from their basic pay are allowed to contribute from 1 percent to 100 percent of any incentive or special pay, including bonus pay.

Weekly Goal Day metrics

(Feb. 9-15)

Note: Goals not met are indicated by bold italics. The following only shows the standards that are calculated on a weekly basis.

The wing has four categories of measurement: 1) Mission Reliability/

Success; 2) Readiness; 3) Personnel Support; 4) Safety/Environment. In each category there are three measurements aligned to a standard. The wing must meet two of the three standards in each category to achieve the goal.

1. Mission reliability/success

- A. *Mission Capable rate, 85%* ————— 83%
- B. *Departure Reliability rate, 95%* ————— 94%
- C. *Tanker effectiveness, above 95% ARCT rate* — 92%

2. Readiness

- A. Preventive Health Assessments, 90% currency ————— 97%

3. Personnel support

- A. CDC pass rate, 95% ————— 100%

4. Safety/Environment

- A. Seat belts, attain 100% usage ————— 100%
- B. Driving Under the Influence, 0 ————— 0

Action Line

759-4601



Col. Michelle Johnson
22nd Air Refueling Wing
commander

The Action Line is your direct line to the 22nd Air Refueling Wing commander, and provides an avenue for you to voice concerns about unsolved problems, share good ideas or provide constructive criticism.

As a reminder, the Action Line is not a replacement for using your chain of command. If that route has been exhausted or is unavailable, then please use this valuable resource. Items of general interest will be published. Callers who leave a name and number will be answered directly.

Action Lines can help make McConnell and the 22nd Air Refueling Wing a better place to live and work.

Command Chief's Corner



By Command Chief Master
Sgt. John Harris
22nd Air Refueling Wing
command chief

Tip of the Week

Air Force Instruction 36-2903:

This week's "look sharp" topics are for personal items that we wear with our uniform each duty day:

1. One watch is authorized for wear at any time as long as it is conservative in nature.
2. One bracelet no wider than one inch is also authorized conforming to the same conservative look.
3. A maximum of three rings may be worn at any one time.
4. Umbrellas may be used if they are plain, black or blue and they are to be carried in left hand.
5. Safety items, rain suits and and snowmobile suits can be worn while riding two-wheeled vehicles.

Look sharp and present a professional military image for your supervisors, peers, subordinates and the civilian community.

Troops Deployed:
More than 310



The 'four pillars' of career success

By Chief Master Sgt. Laten Williams
379th Expeditionary Services Squadron
superintendent

SOUTHWEST ASIA – When mentoring my troops, I always speak of four specific areas; I call them the four pillars.

The first pillar is to do the absolute best you can within your capabilities, and have a positive attitude about doing whatever our Air Force has asked you to do. It doesn't matter if you are a member of the security forces, services, medical group or civil engineers, there isn't any one job more or less important than any other. It takes everyone doing his or her part to make our Air Force what it is, the absolute best the world has ever known, and no one comes close!

The second pillar is to always do something to improve as a professional. Whether it is a course development or professional military education course or college course via testing, in a classroom or online, just do something to keep improving.

The more knowledgeable you become, the better our Air Force gets, especially with today's technology.

For the third pillar, get involved. You can make a huge difference people's lives by helping organizations like the unit booster club, or one of the NCO groups on base. Join the Air Force Sergeants Association or Noncommissioned Officers' Association, and get involved in your base community. We traditionally celebrate different heritages like African American, Asian Pacific and Native American; get involved.

Finally, the fourth pillar is to take care of each other. I find the best way to do this is to set an example as a role model and hold subordinates to the same high standards. Simple things like saying "Yes sir" or "Yes ma'am," standing up when someone senior in rank approaches, wearing the uniform correctly and proper telephone etiquette are little things we trust you to do all the time. If you fail to do these things, how can we trust you to take care of

greater responsibilities?

In today's military, the expectation is to go above and beyond the call of duty and do an awesome job. Remember, we have comrades in arms who are making the ultimate sacrifice every day. They, just like us, volunteered to serve our country.

Let's keep things in perspective. When airmen do well, recognize them. When corrective disciplinary actions are appropriate, take care of it. You don't have to try to be their friend first. What they need is leadership.

Our airmen have always been respected by society as professionals. We must at all times maintain that long-standing image and trust. We are a representation of America's best and a reflection of each other. We owe it to each other to always represent ourselves as such through our conduct and behavior. The best way I know is to live by our core values of integrity first, service before self and excellence in all we do.

Leaders call for re-energized suicide-prevention efforts

By G.W. Pomeroy
Air Force Surgeon General Public Affairs

WASHINGTON – After 11 active-duty suicides since Jan. 1 and 14 during the final quarter of 2003, Air Force senior leaders are asking commanders and leaders across the service to assess and re-energize suicide prevention efforts at all levels.

The 2003 calendar-year suicide rate of 10.5 per 100,000 people was the lowest of all the military services and one-half the rate of a comparable civilian population of males between the ages of 20 and 50. As of Feb. 24, the service's suicide rate was 18.1.

In a letter sent to all major commands, the Air Force's acting assistant vice chief of staff urges all airmen to continue pitching in to reduce the number of suicides.

"Suicide is not stopped by medical personnel in emergency rooms; it is stopped by addressing quality-of-life issues in the unit on a daily basis," Lt. Gen. Richard E. Brown III wrote in the letter.

"The major components of the Air Force Suicide Prevention Program are active leadership involvement, an emphasis on community involvement and a focus on prevention throughout the life of airmen and their families, not just when they are suicidal," General Brown wrote.

"Pay special attention to the quality of your suicide-prevention briefings," General Brown wrote.

The Air Force requires active-duty and civilian personnel to attend suicide-prevention briefings once during the 15-month air and space expeditionary force cycle.

In light of the recent suicides – none of which occurred during operations Enduring Freedom or Iraqi Freedom – General Brown urged commanders to "review how well we continue to implement the 11 initiatives that serve as the foundation of the Air Force Suicide Prevention Program."

The 11 initiatives are outlined in Air Force Pamphlet 44-160, "Air Force Suicide Prevention Program: Description of Program Initiatives and Outcomes." The 11 initiatives are: build community awareness; leadership involvement; investigative interview policy; professional military education; epi-

demological database; delivery of community preventive services; community education and training; critical incident stress management; integrated delivery system; limited patient-psychotherapist privilege; and unit risk-factor assessment.

Air Force leaders take a community approach in suicide prevention, encouraging every airman to take responsibility in reducing the number of suicides.

A key element of the program is to make a steady pipeline of suicide-prevention tools available for Air Force people at all levels. So far in 2004, the Air Force Medical Service has issued the 2004 Leader's Guide for Managing Personnel in Distress, which is geared to help commanders, first sergeants and other leaders recognize when their people are distressed and learn how to respond appropriately. It helps commanders link their people to resources and get them help as soon as possible.

The guide presents information on 35 distressing situations, checklists detailing potential behaviors or signs reflective of a person's reaction to the distressing event, and responses or resources leaders may want to use in responding to a person's needs. The guide was distributed on CD-ROM to every squadron commander and first sergeant in the Air Force. The guide can be viewed on the dot-mil-restricted Air Force Suicide Prevention Program Web site, <https://www.afms.mil/afsp>.

Other suicide-prevention tools include:

- "The Air Force Guide for Managing Suicidal Behavior: Strategies, Resources and Tools," an 88-page clinical guide designed to assist mental-health professionals in assessing and managing high-risk behavior.
- The Air Force Suicide Prevention Web site, which is geared toward improving access to suicide prevention information and materials.
- The 2003 Community Suicide Prevention Briefing, a new multimedia briefing that includes slides and video.
- The 2003 Leadership Suicide Prevention Briefing, a new multimedia briefing involving slides and video. This is geared toward wing, group and squadron commanders.

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AADD: Airmen Against Dental Disaster



Students at Wineteer Elementary School sit attentively during a demonstration by McConnell AFB dental clinic employees Feb. 18.



Senior Airman Andrea Gatlin, 22nd Aeromedical-Dental Squadron uses Dudley the Dinosaur to demonstrate proper tooth-brushing techniques.

McConnell volunteers educate during National Children's Dental Health Month

Story and Photos by
Airman 1st Class Cheyenne Williams
22nd ARW Public Affairs

Members of the 22nd Aeromedical-Dental Squadron visited the Wineteer Elementary School Feb. 18 and 19, to educate youth on the techniques and benefits of proper dental hygiene.

Staff Sergeant Daniel Island, NCOIC preventive dentistry, Senior Airman Andrea Gatlin and Airman 1st Class Carlos Lapresca, both prophylaxis technicians, instructed six sessions with 18 classes, grades kindergarten through five.

According to Sergeant Island, the key to good den-

tal health is prevention.

"The primary focus is preventing future dental problems," he said. "If we can stop an infection before it starts then everyone is better off."

The 22nd ADOS representatives used a cartoon, slide show and visual aids to enlighten the children on dental facts and good habits.

"We visit the school every year during February, which is National Children's Dental Health month," said Sergeant Island. "It is important we educate our children on how to take care of themselves."

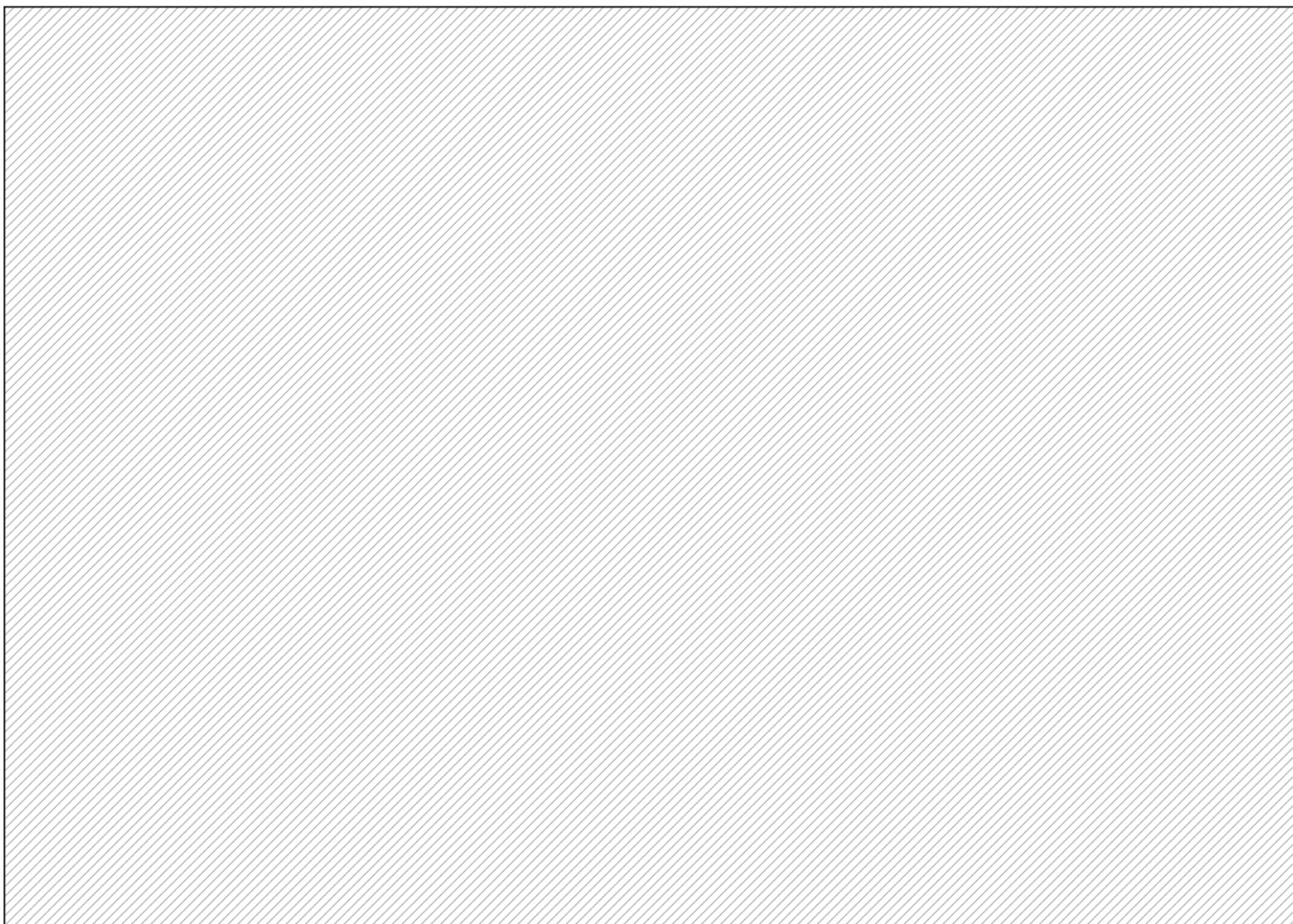
Students were given the opportunity to showcase their talent and win prizes through a coloring contest sponsored by the dental squadron.

Winners were announced for each class and were given a goody bag complete with toothbrush, floss, stickers and other treats for their teeth.

There was also a question and answer session where youth were quizzed on information given during the presentation. Those who answered correctly were given prizes.

Although the children were happy to receive the gifts their participation showed their appreciation for the sharing of knowledge as well.

Sergeant Island stressed the fact that today's children are tomorrow's leaders, both military and civilian, and it is everyone's responsibility to make sure a smile at the future yields a bright shining smile back.



Wichita resident: Tuskegee airman still serving

By Mark Schock
22nd ARW Public Affairs

A civil rights pioneer and original member of the Tuskegee airmen continues to serve the Air Force today in the Wichita area as a Civil Air Patrol colonel and commander of the Air Force Auxiliary's 650 member Kansas Wing.

Retired Air Force Major, George Mills Boyd military began his military career July 20, 1944. He entered into a U.S. military that was completely segregated, and one of his first duties was guarding a beach in Mississippi that he himself was not allowed to visit because of his skin color.

Fortunately, he was selected to join hundreds of other prospective pilots at the Tuskegee Institute in Alabama. Major Boyd graduated from this prestigious program with Class 45-G and served as squadron adjutant with the 100th Fighter/Interceptor Squadron.

The black pilots at Tuskegee were intensely aware that many people, both inside and outside of the U.S. military, were actively counting on either their success or failure. The result of their devotion and training was success beyond all expectation. The Tuskegee Airmen never lost a single bomber under their escort in more than 300 missions in World War II.

The accomplishments of the Tuskegee Airmen and the thousands of other men and women of color in uniform were beyond dispute. Their sacrifice and service led directly to the integration of the U.S. Armed Forces.

World War II was only the beginning of Major Boyd's Air Force career. During the Korean War he flew with the 318th Fighter Interceptor Squadron, based in Greenland, the first operational Air Force fighter squadron to be located only 900 miles from the North Pole. He holds the record of flying 58 hours and 28 minutes, as a Combat Radar Observer, for a one month period in the Lockheed F-94 Starfire jet fighter.

In an Air Force career spanning more than 28 years Boyd served as a squadron adjutant, detachment and squadron commander, management engineer and jet fighter radar intercept officer. He received numerous awards and decorations including: Commendation Medal with one Bronze Oak Leaf Cluster, World War II Victory Medal, National Defense Service Medal with one Bronze Star, Vietnam Service Medal with two Battle Stars and Republic of Vietnam Medal with Gallantry Cross. He retired from active duty in 1971.

From 1971 to 1981 Major Boyd worked in the Wichita business community in various capacities, including designing the corporate structure for the Life Watch Air Ambulance System at Wesley Hos-



Courtesy photo

Retired Air Force Maj. George Boyd



Courtesy photo

Capt. Elwood Driver was the squadron commander, while Capt. George Boyd was the squadron adjutant.

pital. From 1981 to 1991 he served as Director of the Division of Aviation for the Kansas Department of Transportation, which was recognized as one of the most outstanding small state aviation agencies in the U.S. by the National Association of State Aviation Officials. In 1992, he was cited for the Governor's Aviation honor Award and the Kansas Aviation Hall of Fame Program. He designed the International Pilot Training Program at the Kansas State University, College of Aviation and Technology, at the Salina, Kan., campus. In 1994, he was presented the Kansas Governor's Aviation Honor Award by Governor Joan Finney.

Throughout his years of public service, Major Boyd has worked to educate and elevate the civil rights of all Americans. He has written extensively of his experiences, including: A Negro Officer Speaks for the Air University Library, Facility Air War College in 1963, Filling the Military's Heritage Gap for the February, 1969 issue of both the Congressional Record and Air Force and Space Digest, A Look at Racial Polarity in the Armed Forces, Air University Review, Sept./Oct. 1970 and Racial Unity is Necessary, Wichita Eagle-Beacon, April 18, 1971.

Major Boyd was interviewed by William Mansfield of the National Park Service as part of the service's Tuskegee Airmen Oral Project in April, 2001.

He has also made a number of public speeches, including the January, 2003, Martin Luther King, Jr. Luncheon here at McConnell. During that particular speech he voiced his opinion that the civil rights movement in America did not begin with the Tuskegee Airmen, or even with Dr. King, but rather with the first black slaves and white indentured servants to reach our shores.

"Civil rights is not a color issue," Major Boyd said. "It is a people issue." In his eyes, every person working to make the world a better place is involved in civil rights. The challenge lies not merely in pointing to flaw and error, but in finding answers.

Devotion to the service of others is a Major Boyd family practice. Major Boyd's wife, Mattie Shepard Boyd, is herself a retired Air Force lieutenant colonel. The couple's daughter, Gertrude Boyd-Burns, is a retired Air Force staff sergeant. Their son, Allen Boyd, is a deputy sheriff in the Alameda County, Calif. Sheriff's Department.

After more than half a century of dedicated service, Boyd still admits that his heart quickens whenever he hears "The Star Spangled Banner". He is proud to wear his country's uniform as a Civil Air Patrol Officer, and he is confident in the future. He is impressed with the young men and women he comes in contact with in the course of his CAP duties. Their youthful enthusiasm and spirit renew in him his commitment to a lifelong mission of service.



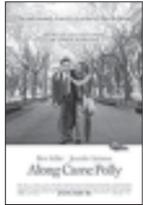
Now showing at the base theater



All movies – adults \$3, ages 12 and under \$1.50

Big Fish (PG-13) – Edward Bloom has always been a teller of tall tales about his oversized life as a young man. His mythic exploits dart from the delightful to the delirious as he weaves epic tales about giants and witches.

Time Showing: Today at 7 p.m.
Running Time: 2 hours, 5 minutes

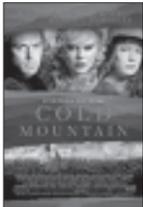


Along Came Polly (PG-13) – Reuben Feffer's best-laid plans for life and love careen wildly off track when his bride dumps him on their honeymoon for a muscle-bound scuba instructor.

Time Showing: Saturday at 7 p.m.
Running Time: 1 hour, 30 minutes

Cold Mountain (PG-13) – This is the story of Inman, a wounded confederate soldier who is on a perilous journey home to his mountain community, hoping to reunite with his pre-war sweetheart, Ada.

Time Showing: March 5 at 7 p.m.
Running Time: 2 hour, 35 minutes



The Butterfly Effect (PG-13) – A young man struggling with the psychological effects of sublimated childhood memories devises a technique of traveling back in time to inhabit his childhood body.

Time Showing: March 6 at 7 p.m.
Running Time: 1 hour, 53 minutes

Photos and synopses courtesy of movies.yahoo.com

Free tax assistance

Free tax assistance is available to all active duty, Guard, Reserve, retired and dependents now through April 15.

Active duty, dependents, 931st Air Refueling Group and dependents should contact unit tax advisors. Retired, Guard and dependents should contact the McConnell Law Center at ext. 3590 for an appointment.

Bring all relevant paperwork to include W-2s, 1099s, last year's state and federal returns and social security cards for all dependents.

This program does not prepare returns for anyone with self-employment income or home businesses.

Gospel Jubilee

The Gospel Jubilee culminating the 2004 African American Heritage Month is scheduled for Sunday at 5 p.m. in the base chapel with guest speaker, Chaplain (Col.) Nathaniel Crawford, Air Force Material Command.

Charity auction

The McConnell Officers' Spouses' Charitable Association invites the base and local community to participate in the 10th Annual Charity Auction "Hollywood in the Heartland" at the Radisson Broadview Hotel in downtown Wichita Saturday.

The event begins at 6 p.m. with hors d'oeuvres and a Silent Auction. The Live Auction begins at 7:15 p.m. hosted by Rick Brock of McCurdy Auction.

The auction will benefit Air Force

families and local charities in the surrounding communities.

This evening is the largest single MOSCA fundraiser for 2004. Bid on hundreds of donated items and services valued at over \$11,000, such as landscaping services, culinary chef service, airplane rides and hotel stays.

For ticket information, call Deb McNaughton at 304-9937.

Quarterly birthday meal

Subsistence in Kind members celebrating birthdays between January and March are invited to the Chisholm Trail Dining Facility for a quarterly birthday meal.

This is open to SIK members and guests at 5 p.m. March 11.

The menu includes steak, shrimp kabobs and much more.

For more information or to sign up, contact Senior Airman Vincent Henderson, 22nd Services Squadron, at ext. 4183 or Senior Airman Tamika Price, 22nd SVS, at tamika.price@mccconnell.af.mil.

Bowl for Kids

The annual Kevin Easter Cops for Kids bowlathon fundraiser in support of the Big Brothers and Big Sisters program is scheduled for Feb. 28 and 29.

Funds from this event help pay the expenses for many of the law enforcement activities sponsored by the BB/BS and the Kevin Easter foundation.

The 22nd Security Forces Squadron is participating for the sixth year in a row.

For more information, call Mr. Randy Wells, Cops for Kids director, at 290-8844, or call his assistant,

Ms. Jessi Wilkey, at 290-8841.

Outstanding Unit Award

The United States Central Command Air Force has awarded the Air Force Outstanding Unit Award with Valor.

Members who were assigned or attached to the 363rd Air Expeditionary Wing between June 2002 through May 2003 may be eligible for the award.

Anyone who feels they are qualified should provide a copy of their TDY orders and paid travel voucher to the Commander Support Staff.

For more information, contact the CSS or Military Personnel Flight Awards and Decorations section at ext. 3821 or 3822.

Angel awards committee

The Angel Awards Committee is accepting nominations for the "Angel Volunteer Award" and "Teen Angel Volunteer Award."

This Air Force-wide program recognizes and thanks those who unselfishly contribute so much to the well-being of Air Force personnel, their families and communities.

Help us recognize outstanding teenagers and/or individuals whose involvement in base-related, community and/or humanitarian activities has enriched the lives of base and community personnel or who have represented the McConnell community in a positive way.

Any youth ages 13 through 19, or adults that are active duty, retired military member, dependent, and/or civilian employee, attached to McConnell are eligible to be nominated for the Teen Angel Award and Angel Award.

Volunteer activities may include, but are not limited to church/chapel, schools, hospitals, homeless shelters, American Red Cross, Family

Support Centers, Special Olympics and spontaneous humanitarian acts. All volunteer or humanitarian acts must have been performed within the past 12 months. If you would like to nominate someone for the McConnell Officers' Spouses' Charitable Association Award Teen Award Angel and/or Angel Award, please complete an application and mail to MOSCA Angel Awards Committee, c/o Jennifer Adams, 2917 Mitchell, Wichita, KS 67210.

For more information, please contact Jennifer Adams, Angel Awards chairperson at 681, 1970.

To submit a nomination, please write a clear, concise paragraph describing the service performed by the volunteer/humanitarian and do not use the nominee's name in your paragraph. Attach your paragraph to a nomination form and mail by the deadline date of March 31.

Nomination forms are available at Emerald City, Family Services, Commissary, BX, or the MOSCA website a www.mcconnelloosc.com.

Start Smart Basketball

The McConnell AFB Youth Center will be taking registration for Start Smart Basketball March 2 through 29.

Start Smart Basketball is a Parent-Child sports program that is designed for children ages three through five. The program will start 6:30 p.m. April 1 with a parent meeting. There will be six weeks of one hour sessions at 5:45 p.m. on Wednesdays. Cost for the program is \$10.

For more information, call the youth center at ext. 4070.

Half price flowers

Today is the last day all floral arrangements are half price. Also, teddy bears are on sale for \$2.

For more information, call the Information, Tickets and Tours office at ext. 6007 or 6344.

Chapel schedule



Catholic

Catholic Mass – 5 p.m. Saturdays, 9:30 a.m. Sundays

Catholic Religious Education – from 11 a.m. to 12:15 p.m. Sundays in the Emerald City education facility

Daily Mass – 11:35 a.m. weekdays in the Kolbe Chapel; confessions are heard from 8:30 to 9 a.m. Sundays and 4 to 4:30 p.m. Saturdays in the Kolbe Chapel or by appointment

Protestant

Inspirational Worship Service – 8 a.m. Sundays in the base chapel

Protestant Religious Education – 9:40 to 10:40 a.m. Sundays in the Emerald City education facility

General Protestant Worship – 11:05 a.m. Sundays in the base chapel

For more information, call the base chapel at ext. 3562.



Senior Airman Marlon Washington, 22nd Civil Engineer Squadron, sprints down the court at Barksdale AFB, La., Saturday.



Navy Petty Officer 2nd Class Arthur Banks, 22nd Medical Group soars above his opponents for two points, during game 1 Saturday.

Tornados fall short at Barksdale

Story and photos by
Airman 1st Class Cheyenne
Williams
22nd ARW Public Affairs

The McConnell AFB Tornados held their heads high as they headed home following a two-game road trip to Barksdale AFB, La., Saturday and Sunday.

The Tornados attempted to detonate the Bombers in game 1, but fell short of victory by a final score of 92-82.

Saturday's loss appeared to add fuel to the Tornados' fury.

Game 2 proved to be a proverbial knock-down/drag-out. The Bombers continued their accurate shooting from three-point land and were able to jump ahead and extend their lead over the Tornados to 47-35 by halftime.

Hustle, determination and accurate free throw shooting were the name of the game when the Torna-

dos returned from the locker room.

Petty Officer Arthur Banks, 22nd Medical Group, put up 23 points and six steals, while Senior Airman Quincy Hall scored a season high and personal best, 19 points.

Despite mind-blowing performances by these athletes and an intense comeback by the Tornados, a last minute shot to tie the game fell short. The Bombers defeated the Tornados 93-91.

"We are still going through a maturation period where our mental aspect of playing the game has to match our physical abilities to play," said Senior Master Sgt. Brian Degroat, Tornado coach. "In both games, our losses can be attributed to our lack of mental toughness."

Sergeant Degroat also said the intensity and emotion the team exhibits, coupled with their desire to win is commendable; however, in order to contend for the championship they need to play hard and smart.



Senior Airman Quincy Hall, 22nd Medical Group, makes seven consecutive free throws in game 2.

Medics down cops in intramural basketball playoff game

Story and Photo by
Airman 1st Class Angelique Smythe
22nd ARW Public Affairs

The 22nd Medical Group basketball team defeated the 22nd Security Forces Squadron Tuesday on the Emerald City basketball court with a score of 45-39.

According to the 22nd MDG team coach, Staff Sgt. Justin Murphy, 22nd Aeromedical Dental Squadron, the 22nd SFS surged ahead four or five points in the beginning of the game because the medics passed and shot the ball poorly.

"The team hadn't played in a week, so it was a matter of getting back out there and getting back into the swing of things," he said.

Once the 22nd MDG settled down in the first half of the game they played hard and kept it going.

The medics led at halftime with a score of 21-17. After halftime, the lead scorer, Staff Sgt. Michael

Washington, 22nd Comptroller Flight, assisted in carrying the medics to victory with key plays fast breaks and a couple easy baskets.

The medics moved the ball around and only took the necessary shots, Sergeant Murphy said. They were also able to draw fouls and shoot accurately from the line.

Despite a defeat in the first round of the playoffs, the security forces team were in good spirits and accepted the loss well.

The 22nd SFS coach, Airman 1st Class Dartanyan Murray, commented, "It was a good season. We had a big leap from last year's record and good progress can never be deemed a disappointment."

"We played very well, considering the amount of players who showed up on the Security Forces team," said the coach. "I think we've got a very good shot at going pretty far in the tournament."

With the playoff tournament half complete, the championship game is scheduled for 5:30 p.m. March 9 in the Emerald City gym.



Players from both the 22nd Medical Group and the 22nd Security Forces Squadron watch as the medics sink a basket Tuesday.

McConnell AFB Have fun on base



A monthly recreation insert to Contrails

March 2004

Searching for a Pot of Gold!

St. Patrick's Day Party
Wednesday, 17 March
Enlisted Club

Beer specials!
Corn beef and cabbage,
beef stew and boiled potato
for \$4.95
Served from 4:30pm-8pm



759-6002

"Pot of Gold" Tournament For St. Patrick's Day

Saturday, 13 March
11am shotgun start **18**
2 person alternate shot



\$15 entry fee per person or wear green and only pay a \$10 entry fee!
Cart and green fees separate.
Call 759-4036 to sign up.



Chisholm Trail Quarterly Birthday Meal

Tuesday, 11 March 2004
at 5pm

Hot Wings
T-Bone Steak
Shrimp Kabob
Baked Potato
Carrots Almondine
Calico Corn
Pasta Salad
Chef Salad
Birthday Cake

Contact SrA Price or SrA Henderson at 759-4183 to make a reservation.



Parent Breakfast
18 March

22-26 March
Spring Break Fun

- Exciting activities and loads of fun for the week!!
- Enrollment for reservations can be made for children not enrolled in the program.



759-6859

Parent Advisory Meetings:

Tuesday, 9 March
11:30am



759-4223

Texas Hold'em

Saturday nights
Now-27 March

12 week card tournament
Located in Signatures
Registration starts at 6pm
Games begin at 7pm
1st and 2nd finishers
will be guaranteed a seat in
the final tournament on 3 April.
Free to Club Members
Non-members pay \$3 each week.

We are looking for volunteer dealers!

To sign up contact:
Lt Joe Harrish at 759-4680
Club McConnell at 759-6002/6185



First Place
Winner 2/21/04

SrA Mike Moon



Second Place
Winner 2/21/04

Patsy Dorsett

Sponsor's Corner

Thank You

To the following supporters of the 22d Services events. Their generous contributions allow us to have more fun, food and prizes at many of our activities.

Ongoing Programs



Nativity Pines



Linn Kincaid, CAC Program Director and Commercial Sponsorship Coordinator 759-6003.



Harry & Webb • 618-7272



759-6002



Takin' em by storm!

Enjoy Delicious Food and Fun!

Get more for your money!

Rendezvous Café

All-You-Can-Eat Homestyle Buffet \$6.25

Includes salad, soup & dessert
Club Members receive \$1 off on purchases over \$4



Food Bar

- Chicken Bar • Soup & Salad Bar
- À la carte menu
- Lunch • Mon-Fri • 11am-1pm

BBQ As You Like It!



Wednesday Night
4:30pm-8pm
Enlisted Club

Beef brisket, sausage, pork ribs, ham or chicken!
Check out the à la carte menu in the Club



Every Saturday,
Enlisted Club
6pm - 8:30pm

Enjoy 2-4-1 Prime Rib \$17.95

carved on the line

Your choice!

- 8oz Lemon Pepper Chicken or
 - 8oz Cajun Style Chicken
- \$11.95**

Price includes choice of baked potato or rice, vegetable of the day, salad & a roll.

\$2 off for Club Members

2 March

Mardi Gras Bingo Party

Enjoy a Cajun Buffet!
\$5.95 for non-members
and for members \$1 off



Check out our daily weekly and monthly specials during **March...**



759-4432/4435

- **Tuesday** – DOD Civilian Day
50% off any item in Outdoor Recreation
- **Wednesday** - Retiree Day
50% off any item in Outdoor Recreation
- **Every 1st and 3rd weekend**
Airmen (E4 and below)
50% off any item in Outdoor Recreation
- **Every 2nd weekend** – all NCOs
50% off any item in Outdoor Recreation
- **Every 4th weekend** – all Officers
50% off any item in Outdoor Recreation
- These specials listed above cannot be combined with other unadvertised or managers specials!

Plains Inn Flight Kitchen Building 1105

Hours of Operation: Open

Sunday 11pm to 7pm Friday
On-Call
7pm Friday to 11pm Sunday

Primary Number: 617-4417
Alternate Number: 759-



759-4186

Tornado ALLEYO
bowling center
759-6189

Managers Specials

Stop by the Refueler Kiosk and check out our daily food specials.
Every Monday
5pm-9pm
Pay just \$1.25 per game

Birthday party packages

\$5 per person
Price includes 2 games of bowling with shoes, hamburger, hot dog, or slice of pizza with chips, a small drink and party decorations.
Contact the bowling center to reserve your time and date today!

Squadron functions

- Monday - Wednesday - Thursday 11am-9pm - \$80 per hour
 - Tuesday - Friday 11am-5pm - \$80 per hour
 - Saturday - Sunday - \$120 per hour
- Individual lanes can be reserved for \$8 an hour anytime!

Bowling Programs

Discount Bowling Cards on Sale
Cards good from 11am-4:45pm
24 games for \$25
Five dollar savings!
or
48 games for \$50
Ten dollar savings!

Tuesday Intramural League
6:30pm - 9pm
Come out and support your squadron!

Wednesday Retirees Day
11am - 4pm
75¢ a game
50¢ shoe rental

Every Friday Cosmic Bowling
7pm - 11pm
\$10 per person includes shoe rental

Saturday Youth Leagues
Starting at noon.

Call and sign up today!

Now serving Starbucks Coffee

Refueler Kiosk now serving lunch and dinner!
Hours of operation:
Noon-9pm
Monday-Thursday
Noon-11pm
Friday & Saturday
12:30pm-7pm
Sunday

Wednesdays & Thursdays:
Buy lunch at Rendezvous Café & get 1 free game of bowling from noon-2pm.
Bring your lunch receipt to Tornado Alley to redeem one free game per customer.
Shoe rental not included.

Airmen's Day
Sunday 2pm-7pm
\$1 a game for Airmen Only!
(E4 and below)

Open Play
Weekday Afternoons
Noon-4:45pm
All Ages! **\$1.25 per game**

Pizza Pins n' Pop **\$20**
Includes bowling
1 Large pizza
1 pitcher of pop
Thursday & Friday Nights 5pm-7pm!

Winter Hours of Operation
September-April
Mon-Thurs: 11am-9pm
Fri-Sat: 11am-11pm
Sun: 2pm-7pm

Base Vet Clinic



The Veterinary Clinic is open for vaccinations and medications for your pet. Be sure to call ahead for an appointment.

- Animal Care Products
 - Assorted Shampoos
 - Flea & Tick Spray
 - Toothpaste (chicken flavor)
 - Knock-Out Treatment - for home
 - Pet Guard Gel
 - Epi-Otic (ear cleaning solution)
 - Laxatone (hair ball mover)
- Thur-by appointment
Fri-9am-noon

759-5190

Takin' em by storm!



Fitness Center Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00am Step Aerobics	
9:15am Senior Exercise		9:15am Senior Exercise		9:15am Senior Exercise		
11:00am Spinning	11:30am Turbo Kick	11:00am Spinning		11:00am Spinning	10:00am Turbo Kick	
11:30am Step Aerobics		11:30am Boot Camp	11:30am Spinning	11:30am Step Express	11:00am Spinning	
				Noon Crunch Time		
5:00pm Spinning	5:00pm Beginning Step	5:00pm Spinning	5:00pm Beginning Step	5:00pm Step Express		
	5:00pm Kickboxing		5:00pm Kickboxing	5:30pm Crunch Time	*Personal trainers and massage therapy by appointment only. *Only one Aerobics Class on Goal Days & Holidays at 11:00am	
6:00pm Power Pump		6:00pm Power Pump				
6:45pm Tae Kwon Do		5:45pm Tae Kwon Do		6:45pm Tae Kwon Do		

Spinning - A motivating indoor cycling class which is formatted and led by a certified fitness instructor.

Beginning Step - For those of you that want a great fat burning workout. This class is sixty minutes of fun designed to increase your strength and cardiovascular endurance.

Step Aerobics - Like a challenge?...This one is for you! Choreography is more advanced, toning and abdominal work make this an awesome hour. You are guaranteed a great workout!

Boot Camp - Back to Basic! Hard-core training designed to make you sweat! If you like a no nonsense workout...this class is for YOU!

Power Pump - A full body workout with the use of a variable weight barbell. This class will strengthen and define your muscles and accommodate both the novice and experienced weight lifters.

Senior Exercise - Low-impact self-paced exercise for people over 55.

Tae Kwon Do - \$25/month first family member; \$20/month second family member.

Turbo Kick - An intense choreographed kickboxing class, if you like to be challenged...come and play.

Step Express - Try our 30 minute step class with lots of intensity. Combine this with Crunch Time for a total workout.

Crunch Time - 30 minutes of creative ways to strengthen abdominal, core and back muscles.

Kickboxing - A spin off of the popular Tae-Bo, this class incorporates martial arts and boxing for a challenging, high-intensity workout. Be prepared to sweat.

Glenda & Mike's Magic Show

11 March at 6:30pm
Emerald City Ballroom



This husband and wife team combine illusions, magic, ventriloquism and comedy to entertain and inform their audiences. Come enjoy this unique and original entertainment.

Free family program for all ages.

Thank you to our local sponsor...



759-4207

Club members are awarded club discounts on special functions.



- Emerald City Ballroom
- Signatures
- Kansas Room
- Derby Room
- Wichita Room
- Heritage Room

We offer a wide variety of food and beverage menus and party themes to make your function memorable.

Call 759-6023 and book your party today!



Earn Extra Income!

The next class will be held 10-12 March

Call: Carol Southworth at 759-5783



Lunch Specials for March

Monday	
Grilled cheese, tomato soup, chips	\$3.75
Tuesday	
Grilled chicken chef salad	\$4.50
Wednesday	
Chicken fried steak, mashed potatoes and gravy	\$4.50
Thursday	
Sloppy Joe, chips	\$3.75
Friday	
Sweet and sour chicken, rice	\$4.00
All specials include a medium drink	

Hours of Operation:
Monday - Friday 8am - 2pm
Saturday, Sunday & Holidays 8am - 2pm



759-4038

From Ewe to Me Basket

Picture not available
Date of Class: 9 March 2004
Beginner's that have done 2 to 3 baskets are welcome to take this class.
Time: 5pm - 9pm
Cost: \$25
Sign-up Date: 4 March
Space limited to 7 people

Kay's Square Tote Basket



Beginner Level

Class Date: 18 March 2004
Time: 5pm - 9pm
Cost: \$15
Sign-up Date: 10 March
Space limited to 5 people

U S A F



SKILLS DEVELOPMENT PROGRAM

759-4084

Small Market Basket



Beginner Level

Class Date: 11 March 2004
Time: 5pm - 9pm
Cost: \$30
Sign-up Date: 4 March
Space limited to 5 people

Teresa's Flower Garden Basket



Beginner Level

Class Date: 23 March 2004
Time: 5pm - 9pm
Cost: \$15
Sign-up Date: 10 March
Space limited to 5 people

Wave Tote Basket



Beginner Level

Class Date: 16 March 2004
Time: 5pm - 9pm
Cost: \$30
Sign-up Date: 4 March
Space limited to 14 people

Small Cabin Boy Basket



Intermediate Level

Class Date: 25 March 2004
Time: 5pm - 9pm
Cost: \$30
Sign-up Date: 10 March
Space limited to 6 people



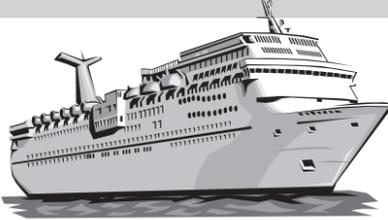
Las Vegas Trip

Airfare, taxes and 3 nights lodging at Four Queens, starting at \$200 per person, double occupancy.

Hurry!!! Space is limited. Book reservations NOW!

Come in and tailor your vacation!
Leisure Travel Office located in Emerald City
759-6344/6007
Mon-Fri: 9am - 5pm
Dana Bennett-Travel Associate
leisure@itt.kscxmail.com

Royal Caribbean Alaskan Cruise



3 - 10 September

3 September	Depart Wichita, KS - Vancouver, BC
4 September	Cruise Inside Passage
5 September	Ketchikan, AK 7am - 2pm
6 September	Skagway, AK 11am - 8pm
7 September	Juneau, AK 11am - 8pm
8 September	Icy Strait, AK 7am - 5pm
9 September	Hubbard Glacier-Cruise 7am - 11am
10 September	Seward, AK 8am
10 September	Depart from Seward, AK - Wichita, KS

Includes airfare, taxes and transfers. Prices starting at \$1700 per person, inside cabin, double occupancy.



Sedan Tour on 20 March

This Kansas town has so much spirit. You will enjoy touring the yellow brick road and maybe purchase a brick to add to the road, tour the beautiful park and enjoy lunch.

Call ITT for more information.

Enter drawing and win 2 Tickets to La Traviatta

Get your Discount Movie Tickets for the Warren Theaters & Derby Cinema



ITT March tickets

1-3 March		
Fame	\$35.50/32.50	Century II
10 March		
La Traviatta	\$46/31/21	Century II
26 March		
Bill Engvall	\$26.00	Cotillion
28-30 September		
Miss Saigan	\$42 & 37.50	Century II



Youth Center Events

Teen Paintball Trip & Fundraiser

Are you ready for the challenge! Join the Youth Center on Saturday, 6 March for the ultimate sport of paintball. This program is open to teens ages 13-18.

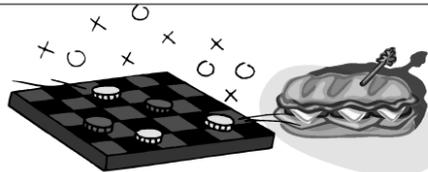
Cost is \$21 per teen.

This cost includes all equipment, 200 rounds of paintball, transportation and an action packed day of fun. We will depart the Youth Center at 10am and return at 4pm.

Sign-up deadline is 2 Mar.

Registration for Start Smart Basketball 2 - 29 March

The Youth Center will be taking Sign ups for Smart Basketball. It is a Parent-child sports program that is designed for kid's ages 3 - 5 years. The program will start Wednesday, 1 April with a parent meeting at 6:30pm followed by 6 weeks of 1 hour sessions at 5:45pm on Wednesdays. Cost for the program is \$10. For further information call the Youth Center at 759-4070.



Teen Spring Break Lock-In

Friday, 26 March 10pm-6am

You are invited to the party of the season during Spring Break. The night will feature a trip to the movies, games, prizes, food and fun.

Cost is \$8.

This low price includes all your fun and food, but not entry to the theater.

Open to teens ages 13-18.

Pre-registration and parental permission slip is required.

For additional program details contact the Youth Center at 759-4070.

Teen College Campus Visit Trip Spring Break

Preteen Events (Ages 9-12) March Events

2 March Dr. Suess's Birthday 4pm

Preteen go to CDC and to read to the children. Read Across America to celebrate Dr. Suess's Birthday.



13 March Tanganyika Wildlife Trip Goddard, KS Cost \$8

Leave Youth Center at 9:30am return at 1pm

5 March Wichita Thunder Trip

Leave Youth Center at 6:45pm Return at 10:15pm if no overtime, Bring extra money for snacks.

Cost \$16

17 March Craft celebrating St. Patrick's Day 4pm

Extended Duty Child Care

For those times when you don't know where to turn for child care.

Who is eligible?

- Active duty members (any branch of service), reserve and guard members on active duty (any branch of service), and DoD civilians

When?

- Generally, evenings and weekends after normal daytime child care hours

Possible circumstances include:

- Active duty parent deployed/TDY with student spouse or spouse working evenings/weekends, etc.
- Working extended hours beyond normal shift or shift not normally worked
- After-hours emergency due to recall, etc. or other child care cancellation
- Drill weekends or other Reserve/ANG training
- Free child care for children of military members who are returning from deployment (16 hours per child to age 12)

Care is provided by Family Child Care Providers Licensed or Affiliated by McConnell AFB FCC providers are fully trained child care professionals and are monitored routinely to ensure quality child care.



759-5783